

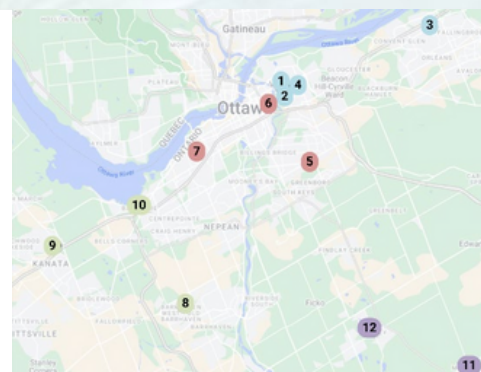


Parenting in Ottawa Drop-ins

Free in-person support by a Public Health Nurse for:

- Infant feeding
- Growth and Development
- Perinatal mental health and more!
- No appointment needed

Scan the QR code for more information



Locations	October	Start Time	End Time
1 Vanier Community Services Centre 270 Marier Ave, Vanier	Tuesday 7, 14, 21, 28	1:30 pm	3:30 pm
2 Tungasuvvingat Inuit 282 Dupuis street, Ottawa <i>*reserved for Inuit clients only</i>	Wednesday 1, 15, 29	10:00 am	12:00 pm
3 Orléans-Cumberland CRC 240 Centrum Boulevard, Orléans	Thursday 2, 9, 16, 23, 30	1:30 pm	3:30 pm
4 St. Laurent Complex 525 Côté Street, Ottawa	Sunday 5, 12, 19, 26	10 am	12:30 pm
5 Andrew Fleck Children's Services 2330 Don Reid Drive #101, Ottawa	Monday 6, 20, 27	1pm	3pm
6 Parent Resource Centre 300 Goulburn Ave, Ottawa	Wednesday 22	1pm	3pm
7 Canadian Mothercraft of Ottawa 475 Evered Avenue, Ottawa	Saturday 4, 11, 18, 25	10 am	12:30 pm
8 Ottawa Public Library - Ruth E. Dickinson 100 Malvern Drive, Nepean	Tuesday 7, 14, 21, 28	1 pm	3 pm
9 Ottawa Public Library - Beaverbrook 2500 Campeau Drive, Kanata	Wednesday 1, 8, 15, 22, 29	1 pm	3 pm
10 Bayshore Field House 175 Woodridge Crescent, Nepean	Friday 3, 10, 17, 24, 31	10 am	12 pm
11 Rural Family Connections, Metcalfe 8243 Victoria Street, Metcalfe	Monday, Wednesday 6, 15	9 am	11 am
12 Rural Family Connections & Ottawa Public Library 1448 Meadow Drive, Greely	Tuesday 14	10 am	12:00 pm

East
 Central
 West
 Rural

Updated September 2025